

靈感 HAVEN OF 84 HOPE NEWS JAN 2014

專題 THEME

靈實邁進e世代
HOHCS IN THE DIGITAL ERA

與麥兜媽媽對話
A CHIT-CHAT WITH "MCDULL MAMA"

香港傑出護士選舉
HONG KONG OUTSTANDING NURSE AWARD

靈實司務道教士
尊重生命博物館
SISTER ANNIE SKAU MUSEUM



靈實e世代
創新進取
INNOVATIVE AND
PROGRESSIVE



60th 周年
Anniversary



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

行政總裁的話 WORDS FROM THE CEO

親愛的靈實支持者：

踏入2014年，首先祝願大家主恩滿溢，福樂常在！

在主護蔭下，基督教靈實協會（以下簡稱靈實）度過了豐盛的60年。今天我們生活在科技發達的年代，可以跟身處世界各地的朋友分享周年紀念的喜悦，以及機構發展的訊息；回看60年前靈實創辦人之一的司務道教士，縱使在資源匱乏的荒原上，仍想到可用手搖鈴與同工保持溝通，讓同工發揮「尊重生命・改變生命」的精神去服事關懷有需要的人。這60年來，我們一直延展司教士這種創新及以「尊重生命・改變生命」的精神來服事有需要的人。現今靈實已邁進e世代，將資訊科技融入機構的營運當中，以提升營運及服務質素，同時可緊貼科技發展的脈搏，透過各種先進的渠道，更廣泛地傳揚司務道教士的精神。

靈實e世代充分反映了我們接受創新、積極進取的精神，當中覆蓋多個層面，包括發展電子化服務記錄管理、加強護理服務的資訊傳遞等等，進一步優化服務程序和質素，亦有助保護環境。特別值得一提的是我們將靈實的歷史資料庫電子化，開設網上博物館——司務道教士尊重生命博物館，讓大眾可隨時隨地重溫司務道教士使人感動的事蹟。

再者，我們不斷拉闊創新的範疇，旨在把司務道教士的精神拓展到將軍澳以外的社區，其中包括：藍絲帶日凝聚了香港市民的力量，一起繫上藍絲帶，宣揚「尊重生命・改變生命」的訊息；靈實首次協辦香港傑出護士選舉，表揚全港護士的貢獻；我們為紓緩家長輪候特殊訓練服務的壓力，在銅鑼灣開設一個幫助孩子發揮潛能的中心——靈實恩光成長中心，為區內區外有需要的孩子及家庭提供適切的服務。

感謝神的恩典！讓我們去年能順利擴展e世代及推展各個創新項目，所取得的成果成為2014年發展的動力和助力，讓我們繼續積極進取，「尊重生命・改變生命」！

Dear HOHCS Supporters,

In the first month of 2014, I wish you all a Happy and Grace-filled New Year!

With God's blessing, Haven of Hope Christian Service (HOHCS) celebrated its 60th Anniversary. We are fortunate to live in this digital era in which we can easily share the happiness of this great occasion and the latest news of our organisation with acquaintances and friends from all parts of the world. As we look back, our founder Sister Annie Skau managed to communicate with her team with a mere handbell amidst scarcity of resources on the then barren upland, while serving those in need with the spirit of "Respecting Life. Impacting Life". Through these decades, we have been carrying on her legacy by offering our services with the same core values. Now we are glad to let you know HOHCS has entered a digital era with extensive use of information technology for enhancing our efficiency and service quality. At the same time, we keep ourselves posted about the rest of the world – and the other way round – to spread Sister Annie's values via numerous state-of-the-art channels.

The birth of this e-generation of HOHCS implies well our innovative spirit and pursuit of excellence, which is realised in the multiple facets of our daily operations from the computerised service records management system, the enhanced user record submission procedures, to optimisation of work process and service quality with the mission of staying eco-friendly in mind. Our online museum, Sister Annie Skau Museum, is yet another highlight of our digitalisation plan. The general public can now access our digitised historical archive online to revisit the touching stories of Sister Annie as well as our organisation's past.

Besides, we have been extending our services to regions outside of Tseung Kwan O. Our territory-wide campaign of Blue Ribbon Day is one of the best examples showcasing how our fellow Hongkongers joined us in spreading the message "Respecting Life. Impacting Life". We have also organised the Hong Kong Outstanding Nurse Award in praise of the contribution of local nurses, and launched the Haven of Hope Sunnyside Enabling Centre in Causeway Bay that offers young people with special needs (and their parents) for unleashing their full potential.

Thanks to our Lord for his grace which enabled the successful implementation of our extended digitalisation plan and other innovative projects. The fruitful yield is our motivating power for this new year of 2014. Let us continue to stay positive and progressive, and carry on the spirit of "Respecting Life. Impacting Life"!



林正財醫生 | Dr Lam Ching-choi, BBS, JP
行政總裁 | Chief Executive Officer

CONTENTS

靈實邁進e世代

- 先進互動 服務升級
推展「電子學習計劃」
eNews發放最新情報

- 04 Upgrading Our Interactive Services 05
06 Launching the E-Learning Project 06
07 Updates from HOHCS eNews 07

尊重生命Blog

- 08 Respecting Life Blog 08

改變生命故事

- 護養院長者盛宴

- 10 Impacting Life Story 11
10 Feasts for the Elderly – At a Nursing Home

你的支持帶來改變

- 與麥兜媽媽對話
麥兜義賣耆樂餅
同心尊重生命
全城投入「關愛香港－尊重生命短片比賽」

- 12 A Chit-Chat with “McDull Mama” 13
13 McDull x Qile Cake 13
14 Together We Respect Life 14
14 “Catch the Spirit. Respecting Life. Impacting Life” Video Competition 14

最新消息

- 香港傑出護士選舉
靈司務道教士尊重生命博物館
靈實醫院「信、望、愛」音樂會2014
靈實協會禮拜堂重開
靈實同工日及家庭同樂日
陝西聆蹤尋根之旅

- 15 Hong Kong Outstanding Nurse Award 15
16 60 Years of Precious Memories Digitized for Public Access 16
17 Haven of Hope Hospital “LOVE & HOPE for ALL” Concert 2014 17
17 Reopening of the Haven of Hope Christian Service Chapel 17
18 Staff Convention 18
18 On the Trails of Glad Tidings: The Shaanxi “Root-Searching” Tour 18

健康知多少

- 認知障礙症治療
給捐贈者的話

- 20 An Overview of Treatments for Cognitive Impairment 21
22 Message to Donor 22

HOHCS in the Digital Era

Respecting Life Blog

Impacting Life Story

You Can Change The World

What's New

Health Tips

編委會 EDITORIAL BOARD

- 蔡慧嫻 Mary Choy
馮玉珍 Kinie Fung
王安琪 Angel Wong
曾詩明 Faye Tsang
梁智達 Dr Antony Leung
梁桂芬 Rebecca Leung
林雪兒 Zoe Lam
何少珊 Susan Ho
廖鳳翎 Lydia Liu
藍申明 Lam San Ming
郭碧 Kwok Bik
鄺家良 Kevin Kwong
曾影仙 Tsang Ying Sin
孔淑芝 Suzette Hung

基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

地址 Address

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

網址 Website

www.hohcs.org.hk

電郵 Email

info@hohcs.org.hk

服務查詢熱線 Service Enquiry Hotline

2701 9019

義工及捐款熱線 Volunteer & Donation Hotline

2703 3284





靈實邁進e世代 HOHCS in the Digital Era

時代和科技不斷向前，社福服務也須與時並進，以緊貼大眾的要求。靈實一直多走一步，去服事身邊有需要的人，現更配合大眾生活和求知電子化的發展，積極透過資訊科技，優化機構的整體運作，同時提升使用服務和獲取資訊的便捷度，與市民一起開拓e世代。

先進互動 服務升級

在靈實這個互動的世代，從溝通、服務管理、資訊存取以至促進學習等多個範疇，均可全天候、無阻隔和無間斷地掌握和做妥，人人都可節省資源和時間，既環保，亦便於大眾享受更高質素的服務。

近年，我們共開發了十多個資訊科技新項目，對外的包括Mobile Apps、一站式電腦服務記錄管理系統、電子學習計劃、支持者資料管理、司務道教士博物館及eNews等；對內亦不斷精益求精，當中節省行政資源及環保的電子假期系統（ileave），以及有助提升工作效率的升級電郵等均可見一斑。

Mobile Apps: 簡化工序又環保

善用科技之目的，是要與醫療發展同步。人口高齡化問題日益嚴重，護理前線工作人員的壓力及工作量隨之而

增加；靈實發現若可善用資訊科技，就可減省前線人員的工序及加快服務記錄之處理。因此，我們著力在這方面進行研究及投放資源，並重點針對長者事工。

Mobile Apps是我們首先研發的項目。以往照顧員在進行護理服務後，會把服務使用者的情況記錄在紙張上。現在，照顧員在服務時，可同步把服務使用者的身體狀況和個人照顧記錄等資料，透過手機的程式(App)傳遞至辦公室，讓專業的同工給予意見和跟進，節省不少工序及時間。紙張方面，估計一年可省下十萬張。這樣可減輕服務單位的文書負擔，讓他們把更多時間放在照顧服務使用者身上。

電子化一站式服務記錄管理

目前，靈實的服務涵蓋五大範疇，包括長者服務、復康服務、健康服務、福音事工及社會企業；我們希望服務使用者能在當中享有一站式服務，因此正在研發相關的電腦系統。服務使用者只要使用靈實轄下的服務，無論是中醫、西醫、復康治療、護養院或醫院的服務，電腦系統都會將他們的資料作一站式的整理，讓專業同工透過系統一次過查閱服務使用者在協會內的有關服務記錄，幫助作出更全面周詳的服務計劃，讓他們獲得適切的治理和服務。

To cater for public needs in this fast-changing world, social welfare service providers would have to stay updated in terms of technology. HOHCS has always been a pioneer and innovator. Now we are doing our best to optimise our daily operations with state-of-the-art information technology in face of the new and digital lifestyle. We are keen on bringing convenience to our service users and staff members alike while easing their information access to our systems during our evolution in the digital era.

Upgrading Our Interactive Services

Interactions at HOHCS have evolved from pen-and-paper to multiples apps and systems. Now we can easily communicate with our team members, manage our services, access necessary information and enhance learning in a 24-hour, obstacle- and interruption-free manner. Time and resources are saved and our users can enjoy eco-friendly services of even higher quality.

In recent years, we have launched more than 10 new IT projects including Mobile Apps, a one-stop electronic service records management system, E-learning Project, a customer relationship management (CRM) system for handling supporters' information, Sister Annie Skau Museum and eNews. We have also developed a number of systems for internal use to enhance our work efficiency, such as the resource-saving leave tracking and planning system ileave.

Mobile Apps: Eco-friendly While Simplifying Work

An example of putting information technology (IT) to good use is to optimise its use in the work process of medical services. With the issue of intensifying ageing in Hong Kong society, the

workload and pressure of frontline nursing staff are worrisome. HOHCS understands well that IT plays a key role in simplifying and speeding up work process, such as medical records management. Minimised paperwork would be a great relief to our colleagues. Therefore, we have been investing our resources on the research and implementation of digital systems at our affiliated institutions, especially those focusing on elderly services.

Mobile Apps is our very first IT project for the frontline nursing staff. In the past, our colleagues would put the service users' physical condition and personal care record on paper. Now, they can put that into the Mobile Apps real time during their service sessions. This helps reducing paperwork for the service units. As a result, the nursing staff can have more time to concentrate on their care task. Furthermore, 100,000 pieces of paper can also be saved every single year.

One-Stop Electronic Service Records Management

The scope of HOHCS' services covers five key aspects, namely elderly services, rehabilitation services, health services, evangelical work and social enterprise. We were looking to enable our service users to enjoy one-stop service across our vast network throughout Hong Kong, and this was the beginning of our digital systems. Our service records will be centrally processed in a one-stop manner once they have been enrolled in any of our affiliated institutions. This makes it possible for our professional team to access the service records at any affiliated institutions through the management system for efficient and suitable treatments.



推展「電子學習計劃」

近年，電子學習受到重視，教育局更進一步推動其發展，撥款資助了十所特殊學校，共同開發和參與「電子學習計劃」(E-learning Project)，並從2012年起，推展為期三年的計劃，期望可發展到一系列適合特殊學校學生使用的電子教學工具和配套。靈實恩光學校為其中一所參與的學校。

「電子學習計劃」是重點發展項目，現時計劃已進入第二階段，學校在中文科和社會科引入適合學生使用的電子教學工具和配套，包括平板電腦、電子拍掣及電腦屏幕等，幫助促進同學的學習效益。

與支持者關係更進一步

靈實尊重每一位支持者，並致力與他們維持良好和緊密的關係，最近更特別為他們研發客戶關係管理系統（簡稱CRM系統），把所有支持者的資料作系統化的管理。未來，憑著這個系統，我們可了解個別人士的背景，以便為其度身訂造適切的關懷。

Launching the E-Learning Project

In recent years, e-learning has become increasingly popular and the Education Bureau (EDB) is funding 10 special schools for joint development and collaboration in the E-Learning Project. A 3-year project has also been launched in 2012 in the hope of developing a set of e-learning tools and relevant materials for the use of special school students. Haven of Hope Sunnyside School is one of the participating schools.

This key project is now in its second stage. E-learning tools and relevant materials have been introduced to the Chinese Language and Social Studies courses at Sunnyside, including tablet computers, electric switches, as well as computer monitors for enhancing students' learning efficacy.

Fostering Our Relationship with Supporters

HOHCS respects each and every one of our supporters. As we are keen on building a good and strong relationship with them, we have developed a customer relationship management system (CRM System) to systematically record and manage our supporters' information. In the future, with the help of this new system, we can better understand the supporters' background and communicate with them in customised ways.



「電子學習計劃」在特殊學童的學習路上，給予很大的助力。
E-Learning offer great help to special school students through their journey to knowledge.



eNews發放最新情報

緊貼各界的需求固然重要，掌握最新醫護資訊亦舉足輕重。靈實於網站特別提供電子資訊媒體 — eNews，除報導本機構服務和活動的第一手消息外，更與大眾分享中西醫學、生活、身心健康等最新資訊，增進知識，走在e世代的前沿。歡迎到靈實網站www.hohcs.org.hk，瀏覽最新一期 eNews。

司務道教士尊重生命博物館

每個世代，靈實都積極創新，在各方面精益求精，實踐和延展靈實創辦人之一 — 司務道教士的宗旨：「以愛心關懷及積極進取的態度、專業的精神，服務人群、傳揚福音。」司教士於1950年代在調景嶺提籃施藥、石上診療，並開辦「調景嶺基督教醫療中心」，其後更成立靈實醫院，至今已發展成綜合社會服務機構。過去60年，靈實經歷了許多轉變，當中有不少珍貴、具影響力和使人感動的事蹟，值得重溫。因此，靈實設立了一個網上博物館 — 司務道教士尊重生命博物館www.sisterannie.org，以相片集的形式展示靈實的歷史，至堪懷念和敬仰。

未來，我們將繼續善用科技，配合新思維及新創念，為靈實的e世代注入更多有建設性的新元素。

Updates from HOHCS eNews

Besides catering for our users' needs, it is also important to keep them posted with our latest updates. The eNews is specially launched for this purpose and reports on our institutional services and activities. We also share with the general public the latest information about Western and Chinese medicine, tips for everyday life, information on physical and mental health and the like. Through these monthly e-newsletters, we keep our donors and stakeholders updated. You are also welcome to register on www.hohcs.org.hk to subscribe our monthly eNews.

Sister Annie Skau Museum

HOHCS has been innovating and pursuing excellence through time based on Sister Annie Skau's core values "With loving care and professionalism, we serve; with progressive and evangelistic attitudes, we commit." Sister Annie brought with her basket of medications in the 1950s in Rennie's Mill (the present-day Tiu Keng Leng) and served the refugees on the rocky barren upland, and established the Rennie's Mill Camp Church Clinic. Till now, HOHCS has been fully developed into an integrated social service organization. In the past 60 years, HOHCS underwent numerous changes illustrated by the many precious, impactful and moving stories featured in our new online museum, Sister Annie Skau Museum (www.sisterannie.org) that showcases our memorable and respectable history in the form of photo albums.

In the days to come, we shall continue to care for and nurture our e-generation of HOHCSers with the latest ideas, innovations and the help of IT in this evolving digital era.



❶ 感親恩

各個家庭懷着愉快的心情，參與羅亞方舟感恩節親子旅行。
(靈實白普理寶林社區健康發展中心)

Thanksgiving with the Beloved

All families happily went on the Noah's Ark thanksgiving family outing activity.

(Haven of Hope Bradbury Po Lam Community Health Development Centre)

❷ 歡度10月1日國慶

宿生齊集禮堂參與升旗儀式，學員們爭相擔當旗手呢！
(靈實恩光學校)

October 1 National Day Activities

Boarders attended the flag-raising ceremony in the school hall together, who eagerly volunteered to hoist the flag!

(Haven of Hope Sunnyside School)

❸ 傷健共融運動會

坑口護理院的院友為參與傷健共融運動會的參賽者打氣！
(靈實坑口護理院)

Sports Day for All

Residents of Hang Hau Care & Attention Home were happily cheering up the athletes at the Sports Day for All!

(Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)

❹ 海景美食遊

四位參加了西貢精華遊活動的院友到西貢碼頭遊覽並品嚐海鮮大餐，盡享口福。

(靈實坑口護理院)

Sightseeing and seafood feast

Four of our residents participated in the Sai Kung Highlight Tour. They went sightseeing around the Sai Kung Public Pier and enjoyed a sumptuous seafood feast together.

(Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)





5 特殊學童開心學習

參與「電子學習計劃」的學生，透過平板電腦及電子拍掣愉快學習。

(靈實恩光學校)

Happy Learning with Tablets and Electronic Switches

Students took part in the "E-Learning Scheme" happily learning with tablets and electronic switches.

(Haven of Hope Sunnyside School)

6 一齊製作環保手工

孩子們在爸爸媽媽的協助下一起製作環保手工，溫馨益智。

(靈實白普理寶林社區健康發展中心)

Doing Eco-Friendly Handicraft Together

Doing eco-friendly handicraft with the help of dad and mom.

(Haven of Hope Bradbury Po Lam Community Health Development Centre)

7 阿仙奴(香港)足球學校探訪活動

阿仙奴(香港)足球學校，在中秋佳節前到恩光學校探訪，與學生玩遊戲，並作示範表演，大家共渡了一個愉快的下午！

(靈實恩光學校)

Arsenal Soccer School (Hong Kong)'s Visit

Sunnyside School welcomed Arsenal Soccer School (Hong Kong) who visited prior to the Mid-Autumn, giving a demo performance and playing games with the students. What an afternoon well spent - with loads of fun!

(Haven of Hope Sunnyside School)

8 長者動起來

參與「耆安康長期病患者支援計劃」的長者與義工一起練習毛巾操，看她們的笑容多燦爛！

(靈實白普理景林社區健康發展中心)

Get elders moving

Elders and volunteers participating in the "Elderly Care - Chronic Patient Support Scheme" were doing towel exercises together. Look at the broad smiles on their faces!

(Haven of Hope Bradbury King Lam Community Health Development Centre)



護養院長者盛宴 Feasts for the Elderly — At a Nursing Home

林玉貞 靈實護養院營運總經理

Lam Yuk-ching General Manager (Operations), Haven of Hope Nursing Home

本文刊登於2013年9月4日蘋果日報A14版

民以食為天，果腹是人的基本需要，但隨著年齡漸長，身體機能衰退，不少長者均有咀嚼吞嚥的困難。靈實護養院遂於2000年成立「創意餐廳」，每月設有不同的主題，如「盆菜」、「東南亞美食」、「潮州菜」、「懷舊美食」及「私房菜」等，為院友特別炮製各種菜式，使長期居於院舍、有進食困難的長者也能獲得視覺(色)、嗅覺(香)及味覺(味)的享受。

由於護養院的院友身體日漸衰退，很多院友需要進食碎餐及糊餐，要享受「色、香、味」俱全之菜式是有存在風險。BILLY擔任護養院「創意餐廳」的總廚，本身曾在酒店擔任廚務主管，因為一次家人患病的經歷，令他轉投護養院工作。「十多年前，我爸爸胃癌入院，由於同樣做廚師的弟弟之工作地點與醫院相距很近，所以爸爸每天都可以品嚐弟弟為他準備美味健康的菜式。當時我深受感動，希望自己也可以服侍安老院的長者，於是決定到護養院工作。」

BILLY與各同工不斷研究及改良菜式，同時運用創意，成功烹調在賣相、味道跟菜館無異的佳餚；例如先將全隻雞去骨，待上碟時將雞件排回雞隻原來的模樣。在這十四年裡，「創意餐廳」透過製作各款精緻的美食，表達對院友的尊重和關懷，BILLY從中獲得極大的滿足感。

除碎餐外，有部份長者需要進食糊餐。一般的糊餐是在拿給長者前已被打碎得只能看得到奶白色的糊狀，但試問有誰喜歡吃這樣的食物？在護養院盛宴當日，同工會在餐桌擺放多部攪拌機，並貼上餸菜的名稱，如「菜膽雞」、「蟹肉伊麵」等，待院友欣賞菜式的賣相後，同工才把菜餚放入攪拌機攪碎。每當同工看見長者雀躍圍在一起，品嚐精緻的菜色，節日時有魚又有雞，「老友記」滿足的笑容，足以令他們忘記艱辛的準備工作。

護養院的同工相信每一個院友生活的基本需要都應獲得尊重；在住宿及護理得到悉心照顧，能夠品嚐菜餚。只要我們多走一步，長者的生命質素是可以改變的。





Food consumption is one of the basic human needs. As one ages, however, deterioration of physical energy and function may lead to chewing and swallowing problems. In the light of this, The Innovation Restaurant of The Haven of Hope Nursing Home was founded in the year 2000 to serve our residents with special catering needs. Monthly themes are set for the purpose (such as Big Bowl Feasts aka “poon choi”, Southeast Asian Delicacies, Chiuchow Cuisine, Nostalgic Food and Homemade Dishes), so as to allow elders with difficulties in chewing or swallowing to savour food like their healthy counterparts while enjoying the delightful sight, smell, and taste of it.

Owing to their physical constraints, many of our residents are served minced and pureed meals. It is no easy task to create dishes that are beautiful, aromatic and palatable for such elders. Billy, Head Chef of Innovation Restaurant, used to work as a culinary supervisor at a local hotel. He was determined to take up this challenge due to his very own experience. “More than ten years ago, my dad was hospitalised for stomach cancer. My younger brother, also a chef, worked at a place very close to my dad’s hospital. Because of that, my dad was able to enjoy healthy and tasty meals prepared daily by my younger brother. I was deeply moved and later decided to change my career path – I’d love to serve the elders at the nursing home instead of staying with the hotel. That’s why I’m here.”

Billy, together with his kitchen crew, made multiple attempts to improve and refine conventional recipes. They finally succeeded in creating healthy dishes suitable for older people with little difference in appearance and taste from

food served at local restaurants. “Deboned chicken” is a good example of this: a whole chicken is cooked, deboned, and cut into pieces before being nicely arranged on the plate in its “original” shape. Billy told us that his main source of satisfaction is Innovation Restaurant’s carefully-crafted cuisine, which is also a means to show the team’s respect and care for the residents over the past 14 years.

As mentioned earlier, pureed meals are served at our Nursing Home alongside minced meals. The former are usually presented in the form of milky white porridge, which is quite unappetising to most people. Therefore, during our monthly feasts, a good number of blenders are placed on the dining table whereas the dishes are tagged respectively for the elders’ information (a couple of classic examples being “Chicken with Greens” and “Yifu Noodles with Crab Meat”). These dishes would then be presented one by one to the elders before being liquidised and served. Our residents are simply overjoyed to see and taste the sumptuous food. Their cheerful smiles are so heart-melting that our colleagues soon forget how much effort it takes to prepare the dishes.

We truly believe that the basic needs of our residents should be well catered for. They deserve adequate residential care and the opportunity to enjoy food regardless of their physical condition. With just a few simple steps and ideas, their quality of life can be significantly improved.

與麥兜媽媽對話 A Chit-Chat with "McDull Mama"

「支持耆樂餅，踢波唔會食波餅！」相信今年有看過耆樂餅宣傳短片的朋友都會對這句對白耳熟能詳。究竟，麥兜是何時開始吃耆樂餅，麥兜又是否明白靈實「尊重生命・改變生命」的意思呢？今期靈感，我們很榮幸可以邀請麥兜媽媽，麥兜插畫師麥家碧小姐接受我們的專訪。

靈感：麥兜吃耆樂餅的創作概念源自甚麼？

麥家碧：麥兜是一個普通的小朋友，很平凡，有時「蠢蠢地」又饞嘴，與其他小朋友一樣，都會做錯事，跌跌碰碰，但麥兜尊重生命，一草一木，他也愛惜。我不想隨隨便便把麥兜及耆樂餅放在一起，希望浪漫少少，讓麥兜坐在月亮上吃耆樂餅。

靈感：你如何認識靈實呢？

麥家碧：多年前，我已經認識靈實的工作，並一直透過捐款支持。身邊的朋友亦曾接受靈實的服務，他們的讚賞令我感受到靈實的服務的確很有意義。其實，我以前都會捐款支持其他慈善團體，而靈實給我的感覺是縱然她發展不斷，服務的精神卻從一而終，值得繼續支持。

靈感：麥兜透過吃耆樂餅，表達尊重生命，麥兜媽媽可否分享自己一個「尊重生命・改變生命」的故事？

麥家碧：我家人曾經要放售一個單位。在此之前，我們需要把單位清理，再交給下一手業主。清理之時，我們竟然發現了一個吱喳鳥巢，築在抽油煙機管道。看見巢中仍未孵出的蛋，我們真不忍心把它毀掉，但新業主又不想把鳥巢留下。幸得一名裝修師傅義務幫忙，成功把鳥巢放出屋外，吱喳鳥的家園才得到保護。

儘管麥兜「蠢蠢地」，但卻十分可愛，因為每顆生命都值得被愛、被珍惜、被尊重。靈實與麥家碧小姐同靈實攜手獻上2013耆樂餅。我們非常感謝麥家碧小姐對我們的支持，盼望我們未來有更多的合作，一起「尊重生命・改變生命」。



"Grab a Qile and head a goal!" You will surely find this familiar if you have watched the promotional video for the 2013 Qile Cake Charity Sale. Okay, when on earth did McDull, the beloved local cartoon character, start to eat Qile Cakes? Does McDull truly understand the HOHCS' core value "Respecting Life. Impacting Life"? In this issue, we are glad to have the opportunity to talk to Ms Alice Mak, McDull's creator (aka "McDull Mama") about what we would love to know about McDull and his loving bond with Qile Cakes.

HOHCS News: What was the source of inspiration for the theme "McDull Eats Qile Cakes"?

Alice: McDull is a kid so ordinary that he looks a bit "dull" and greedy at times. As with his peers, he makes mistakes and runs into trouble every now and then. But McDull respects life deep down in his heart, caring for every little thing in nature. As I had wanted to relate McDull to Qile Cakes in a thoughtful way, I came to this idea of creating an image of McDull eating Qile Cakes on the moon.

HOHCS News: How did you first learn about the Haven of Hope?

Alice: I first learned about the Haven of Hope and its services many years ago and have since become a regular donor. Some friends of mine were once users of the Haven of Hope's services and they were really impressed with the care they received. Such "words of mouth" convinced me that such services are truly meaningful. Actually, I used to make donations to other charity organisations as well. What I can see is that the Haven of Hope has remained true to its core values as it moves along through the development process. I believe it has been a right choice for me to continue supporting this organisation.

HOHCS News: McDull expresses his respect for life through eating Qile Cakes and supporting the Charity Sale. As McDull's "mama", could you share with our readers a "Respecting Life. Impacting Life" story of your own?

Alice: Some years ago my family put an apartment up for sale. We had to clean up the place before handing it over to the new owner. While busy decluttering we were surprised to find a bird nest in the range hood duct. Seeing that there were a few eggs in the nest, we just didn't bear the idea of throwing them away. The problem was, the new owner wouldn't want to keep the nest nor the eggs. Luckily, one of the builders volunteered to "relocate" the nest in a safe place outside the apartment, and the little lives were saved.

Yes, McDull is perhaps a little bit "dull" but we surely know how adorable he is! Everyone, regardless of their physical traits and personal background, deserves to be loved, respected and cared for. The Haven of Hope and Alice share the same vision and together we launched the 2013 Qile Cake Charity Sale campaign. Our heartfelt thanks again to Alice aka "McDull Mama" for her continuous support, and we look forward to future collaboration with her in promoting our core values of "Respecting Life. Impacting Life"!

麥兜義賣耆樂餅 McDull x Qile Cake

每年各大屋邨屋苑也大力支持耆樂餅義賣活動，今年各地區伙伴共籌得善款超過15萬港元。在此，我們衷心感謝每位支持「耆樂餅2013」的人士。

「靈耆耆樂餅地區伙伴籌款比賽」得獎名單

冠軍	疊翠軒
亞軍	觀塘花園大廈
季軍	麗晶花園

「靈耆耆樂餅地區伙伴籌款比賽」其他支持屋苑包括樂雅苑、富寧花園、欣明苑、新寶城、寶盈花園、祥和苑、維景灣畔及陳繼偉議員辦事處、蔚翠花園、彩明苑、勵德邨、翠林邨及譚領律議員辦事處、清水灣半島及景明苑。

Every year, major public and private housing estates alike in Hong Kong join us for our Qile Cake Charity Sale as voluntary fundraisers. This year, our community partners have raised over HK\$150,000 and we would like to thank all of you who supported our Qile Cake Charity Sale 2013.

List of Winners - HOHCS Qile Cake Charity Sale Community Partner Fundraising Competition

Champion	The Pinnacle
1st Runner-Up	Kwun Tong Garden Estate
2nd Runner-Up	Richland Gardens

HOHCS Qile Cake Charity Sale Community Partner Fundraising Competition was supported by a number of other housing estates as well, namely: Lok Nga Court, Fu Ning Garden, Yan Ming Court, Le Cite Noble, Bauhinia Garden, Cheung Wo Court, Ocean Shores and Office of District Councillor Chan Kai-wai's Office, Greenpark Villa, Choi Ming Court, Lai Tak Tsuen, Tsui Lam Estate and District Councillor Stanley Tam's Office, Oscar by the Sea, and King Ming Court.

同心尊重生命

除了耆樂餅義賣活動外，2013下旬我們亦舉行了不同的籌募活動，例如8月16日西貢愛心基金舉行慈善籌款晚宴，為靈實援助及慈惠服務 - 愛心傳遞，籌得港幣461,000元，讓區內長者得到免費飯包；9月25日舉行的2013清水灣高爾夫球慈善賽為靈實靈養院「免費心靈關顧服務」籌款，特別感謝榮譽教授麥列菲醫生參與慈善賽，並擔任晚宴的主禮嘉賓；9月27日舉行的「靈實尊重生命」分享晚會，我們亦特別感謝郭德榮爵士慷慨捐出四件珍藏的收藏品，以及磁磚王（香港）股份有限公司李先生捐出大型磁磚壁畫「最後晚餐」，於分享晚會作慈善拍賣用途。此外，由香港人壽保險從業員協會慈善基金贊助40萬購買之靈實寧養院復康巴士已於11月4日正式投入服務，以供院內病人外出覆診。我們非常感激各界使靈實的服務更完善，能全面照顧院友身、心、社、靈各方面的需要，實踐靈實「尊重生命・改變生命」的精神。



Together We Respect Life

Other than the Qile Cake Charity Sale, a series of other fundraising activities took place in the second half of 2013. At the August 16 Charity Fundraising Dinner by Care Sai Kung Charity Fund, more than HK\$461,000 was raised for HOHCS' Relief and Charity Service - "Food Pack with Love" (free food packs for elders in the community). The 2013 Clear Water Bay Charity Pro-Am Golf Tournament also raised funds for the free Psycho-Social-Spiritual (PSS) Care and Bereavement Counselling Services of the Haven of Hope Holistic Care Centre, and we thank Professor Felice Lieh-Mak for joining us as the officiating guest of the Dinner. The Respecting Life Sharing Night was held on September 27, and we thank Sir Truman Kwok for his generous donation of 4 items from his private collection and Mr Lee from King of Ceramic Tiles (KOT) for donating the tile painting "The Last Supper" for the charity auction during the occasion. Moreover, the new HOHCS Holistic Care Centre Rehubus purchased with the HK\$400,000 donated by the Life Underwriters Association of Hong Kong (LUA)'s Fund was officially brought into service on November 4, and centre users can now be taken to and from the hospital for medical checks with much efficiency and convenience. Our grateful thanks to everyone who contributed to the enhancement of our services, so that we can continue to take care of our users' needs in a holistic manner based on the core values "Respecting Life. Impacting Life".

全城投入「關愛香港 - 尊重生命短片比賽」

靈實於2014年1月至2月舉辦「關愛香港 - 尊重生命短片比賽」，邀請市民把他們的感人故事以短片形式與大眾分享，從而宣揚用尊重及愛改變生命。比賽設公開組及學生組，故事短片內容須表達我們作為香港一份子，如何在生活中展現尊重生命及愛惜香港的精神。參加者可用手機拍攝短片，在過程中更深入地認識「尊重生命」的意義。詳情請登入 catchthespirit.com.hk (只有中文)。

*註：是項比賽為「家是香港」活動之一

"Catch the Spirit. Respecting Life. Impacting Life" Video Competition

In January and February this year, HOHCS' "Catch the Spirit. Respecting Life. Impacting Life" Video Competition is being held to promote the spirit of "Impacting Life" with respect and love. Members of the community are invited to submit videos featuring moving stories of their own that convey the idea of how we can put the spirit of respecting life and caring for Hong Kong into action in our daily life. The competition is divided into two groups, namely the Open Group and the Student Group. We accept videos recorded with smartphones. For details, please visit catchthespirit.com.hk (only in Chinese).

*Note: The competition is part of "HK Our Home", a government-sponsored campaign

關愛香港
尊重生命短片比賽
CATCH THE SPIRIT

Shoot a 5-10 mins video, win loving and learning opportunity

入圍影片最高可得\$300,000獎金
由關愛香港主辦
報名及截稿日期：2014年1月1日至2014年2月28日
參加辦法：參加者需於一月內提交10分鐘、主題有關「尊重生命」的短片。
評選：評選片上載至youtube.com/catchthespirit，由評審團選出冠軍及亞軍。

2014獎金
冠軍獎金\$300,000
亞軍獎金\$100,000
查詢電話：2703 3373 / 2703 3250

家HK

香港傑出護士選舉 Hong Kong Outstanding Nurse Award



靈實與香港護士協會攜手合辦的「香港傑出護士選舉」已圓滿結束，頒獎典禮亦已於2014年1月7日假香港灣景國際酒店隆重舉行。

專業評審團委員

是次選舉邀得六位來自不同界別的专业評審團委員參與，包括食物及衛生局局長高文文醫生、護協主席李國麟教授、靈實行政總裁林正財醫生、香港護士管理局主席彭美慈教授、第四十屆紅十字會國際委員會南丁格爾獎得獎人馮玉娟女士，以及香港病人組織聯盟委員曾建平先生，以不同角度客觀地選出五位得獎者。

恭賀五位「香港傑出護士」

五位「香港傑出護士」包括（依中文姓氏筆劃排序）：李麗珍女士、姚妙芬女士、唐婉芬女士、陳麗娥女士以及蘇偉生先生，他們都在護理專業上有傑出表現和無私貢獻，並竭力在工作上持守「尊重生命・改變生命」的精神。我們衷心感謝得獎者多年來在護理界的付出和貢獻，並感激各提名人在生活和工作上尊重及珍愛辛勞的護理人員，發掘出一個又一個「尊重生命・改變生命」的動人故事，為社會注入正能量。

Haven of Hope Christian Service and Association of Hong Kong Nursing Staff jointly organised the Hong Kong Outstanding Nurse Award. The award presentation ceremony took place on January 7, 2014 at the Harbourview Hong Kong.

Panel of Professional Judges

We are honoured to have invited 6 professional judges for this contest: Dr Ko Wing-man BBS JP (Secretary for Food and Health, HKSAR), Professor Joseph Lee SBS JP (Chairman, Association of Hong Kong Nursing Staff), Dr Lam Ching-choi (CEO, Haven of Hope Christian Service), Professor Samantha Pang (Chairman, Hong Kong Nursing Council), Ms Sylvia Fung (Awardee, the 40th Florence Nightingale Medal, The International Committee of the Red Cross), and Mr Tsang Kin-ping (Committee Member, Hong Kong Alliance of Patients' Organisations).

Congratulations, Award Winners!

The 5 awardees are (in alphabetical order):

Ms Chan Lai-ngor, Ms Lee Lai-chan, Mr Oliver So, Ms Tong Yuen-fan, and Ms Esther Yiu.

They are recognised for their outstanding performance and selfless contribution to the field of nursing that echo HOHCS' core values "Respecting Life. Impacting Life". We thank them as well as all the nominees who showed their appreciation and respect of nursing professionals by unveiling the moving stories and injecting positive energy into our community.



60年珍藏 網上觀賞 司務道教士尊重生命博物館

靈實60年以來的發展與調景嶺息息相關，當中靈實創辦人之一——司務道教士與各同工之貢獻，以及上帝透過司教士和同工的手所作的事，尤其值得記錄下來！

為與大眾分享靈實和司教士歷史性、傳奇性和感人肺腑的一切，我們開設了一個網上博物館——司務道教士尊重生命博物館，永誌使人懷念的人和事。

博物館展示多年來珍藏和蒐集的資料及照片，圖文並茂，記載了司教士的貢獻、靈實發展史，以及調景嶺一帶的發展和變化。超過100張珍貴相片、熟悉及鮮為人知的資料，經重新整合成數碼化觀賞模式，供市民回味！

歡迎瀏覽司務道教士尊重生命博物館！

Come visit Sister Annie Skau Museum now!

www.sisterannie.org

60 Years of Precious Memories Digitised for Public Access

The 60-year history of Haven of Hope Christian Service is closely tied to the development of Tiu Keng Leng. The digital archive recording the noteworthy contribution of our founder Sister Annie Skau and staff, has finally gone LIVE!

To share with the public about the HOHCS and the historic, legendary and moving stories of Sister Annie, Sister Annie Skau Museum has been launched in commemoration of our beloved founder and mentor.

It is an online museum telling the story of the HOHCS, as well as Tiu Keng Leng, in both texts and images, covering topics ranging from the good deeds of Sister Annie and her dedicated team, history of the organisation, to the development of Tiu Keng Leng from the barren upland to a vibrant new town. There are over 100 digitised photos for convenient viewing.

分享感人故事有獎！ Respecting Life Stories Wanted!

司務道教士尊重生命博物館歡迎市民投稿，分享一個個「尊重生命」的故事，把司教士「尊重生命・改變生命」的精神推廣到社區每一個角落。我們每兩星期送出**西餅餅券**，給予最多「Like」或於Facebook「Share」的故事！

您也可以按網站上 **Share** ，把網站分享至您的Facebook！讓更多朋友瀏覽司務道教士尊重生命博物館！

To carry on Sister Annie's legacy while promoting our core values "Respecting Life. Impacting Life", Sister Annie Skau Museum invites you to share your very own Respecting Life stories. We are giving away **cake coupons** every two weeks to those of you sharing stories with top number of likes and Facebook shares!

You may also click on **Share**  on the website to share the online Museum URL with your friends on Facebook!

司務道教士 尊重生命博物館 有獎遊戲 Sister Annie Skau Museum Quiz



請問相中司教士正帶領同工到病房做什麼呢？

請即把答案、姓名及聯絡電話電郵至

fayetsang@hohcs.org.hk，首三名答對的本地靈實支持者可獲精美禮品乙份。

In the photo Sister Annie was walking to the hospital wards with her team. What were they doing?

Please email your answer, your name and your contact number to fayetsang@hohcs.org.hk. The first three local respondents with the correct answer will receive a souvenir from us.



靈實醫院「信、望、愛」音樂會2014

2014年4月27日（星期日）靈實將假尖沙咀文化中心音樂廳舉行靈實醫院「信、望、愛」音樂會2014，為靈實醫院的「老人科及舒緩治療（善終服務）及療養服務」籌募經費。

靈實醫院去年服務人次逾六萬，隨著九龍東人口增加及老化，靈實醫院的老人科及舒緩治療（善終服務）及療養服務的需求亦不斷上升。我們誠邀您們贊助音樂會及購買門票支持，為慈善出一分力，讓靈實醫院能服務更多長者。如欲了解詳情，歡迎向靈實傳訊及籌募部查詢（電話：2703 3250）。

Haven of Hope Hospital “LOVE & HOPE for ALL” Concert 2014

The Haven of Hope Hospital (HHH) “LOVE & HOPE for ALL” Concert 2014 is taking place on April 27, 2014 (Sunday) at the Concert Hall, Hong Kong Cultural Centre in Tsim Sha Tsui to raise funds for its geriatric and palliative Care (hospice care) as well as the infirmary services.

Last year alone HHH served over 60,000 users, and it witnessed the surging needs for geriatric and palliative (hospice care) and infirmary services with the increase in population and the escalating ageing issue in Kowloon East. We sincerely invite you to join us on this wonderful occasion to show your support for the elderly. Please feel free to contact HOHCS Communications and Resource Development Department for details or enquiries (Tel: 2703 3250).

靈實協會禮拜堂重開

靈實協會禮拜堂因修路工程關閉了三年多的時間。修路工程完竣後，禮拜堂正式於2013年8月底開始進行翻新工程，並於12月重新開放。我們於12月7日下午舉行了「60周年感恩崇拜」，二百三十多位靈實舊同事、現職同事及靈實支持者，一同聚集禮拜堂，稱頌神的恩典，並見證神「改變生命」的大能。

禮拜堂順利完成翻新工程，有賴神的保守及靈實各位支持者的捐助。其中『磁磚王』捐出一幅『最後的晚餐』磁磚畫拍賣為禮拜堂的翻新工程籌款，這幅磁磚畫由曹載熹醫生夫人高價投得贈予禮拜堂。另外，郭世光先生夫婦亦為感恩崇拜設計了一個精美的袋送給每一位參加者。當然還有其他主內弟兄姊妹，透過金錢及物資的奉獻，支持翻新工程。我們感謝主叫「萬事都互相效力，叫愛神的人得益處。」（羅馬書8:28）

Reopening of the Haven of Hope Christian Service Chapel

The Haven of Hope Christian Service Chapel has been closed down for more than 3 years due to nearby road maintenance works. Upon completion of the maintenance project, the Chapel readily underwent a comprehensive renovation in late-August 2013 and finally reopened in December of the same year. In the afternoon of December 7, the 60th Anniversary Thanksgiving Service took place at the Chapel, where over 230 current and former staff members and supporters gathered together as witness to God's great capacity of impacting life with praise and joy.

The renovation project was completed in a timely and smooth manner with God's blessing and our donors' support. The bid for the tile painting kindly donated by the King of Ceramic Tiles (KOT) for fundraising purpose, The Last Supper, was won at a high price by Mrs Tsao Chai-hee who at the same time generously donated the painting to the Chapel. Moreover, with the sponsorship of Mr and Mrs Kwok Sai-kwong, beautiful souvenir bags specially designed for the occasion by the couple were given to all of the participants. We have also received many donations of funds and goods from other Christian brothers and sisters for this renovation project. We thank our Lord for His provision "and we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28)



靈實同工日及家庭同樂日

靈實度過了60周年，感謝神與靈實同行的恩典歲月。2014年1月11日，我們舉行了靈實同工日及家庭同樂日，數百人一起迎接第61年；我們藉著詩歌敬拜、靈實人細訴心路歷程和傳光等活動，回顧靈實60年的點滴和神的恩典。

此外，除了董事局主席趙宗義律師致詞之外，靈實第二位護士長黃茵若姑娘，以及前靈實醫院院長（現任寧養院院長）梁智達醫生亦憶述昔日他們在靈實的感動時刻，以及基督教靈實協會行政總裁林正財醫生與我們分享做個有「眼耳口鼻身心靈」的靈實人，並主持傳光，為活動倍添意義。

下午的家庭同樂日邀請了董事們、同工及其家人，一起到靈實臺親身感受靈實的氣氛，大會預備了多個攤位遊戲和才藝表演，務求讓所有靈實人及靈實支持者享受一個愉快的下午。

Staff Convention

Thank God for his company with HOHCS in these 60 years. HOHCS Staff Convention took place on January 11, 2014. All of us enjoyed the morning programme included Worship Singing, HOHCS Historical Playback and stories shared by HOHCSers.

Mr Charles Chiu, Chairman of the Board of Directors, Ms Mary Wong, the second matron of the Haven of Hope Hospital, Dr Antony Leung, the medical superintendent of the Haven of Hope Palliative Care Centre (PCC), and the former chief executive of the Haven of Hope Hospital made moving speeches. Dr Lam Ching-choi, CEO of HOHCS shared with us the "Eye, Ear, Mouth, Nose, Body, Mind & Soul" way to be a HOHCSer and led the "Passing of the Light" ritual.

In the afternoon, the board members, our staff and their families enjoyed their time together taking part in booth games and talent shows in a joyfilled and loving atmosphere.



陝西聆蹤尋根之旅

「陝西聆蹤尋根之旅」是福音事工部為慶祝靈實60周年而舉辦的活動之一，旅程包括探訪、培靈、旅遊三合一。28位靈實的同事、其家人及義工在七天裡，先後探訪了兩間司務道教士昔日建立的教會、一間聖經學院及基督教會，並順道前往陝西旅遊景點觀光。每天行程中也有早禱、早操及見證分享會。感謝神，保守各人旅途平安；各人亦以愛心奉獻給國內教會，主恩數不盡！

On the Trails of Glad Tidings: The Shaanxi "Root-Searching" Tour

The Shaanxi "Root-Searching" Tour is one of the activities organised by the Chaplaincy Unit for celebrating HOHCS' 60th Anniversary. It was a 3-in-1 (church visit, spiritual development and travel) tour in which 28 of our colleagues, their families and the volunteers visited two long-established churches (at which Sister Annie once founded and served), a bible institute and a Christian church within 7 days. Morning prayers, physical exercise, and a testimonial sharing session were made daily routines for the participants, while sightseeing activities around Shaanxi were also arranged. Thanks to God's blessing and mercy, we are able to contribute what we can to the development of Mainland churches. His blessings are countless!

靈愛主賜

實種萬福

認知障礙症治療

An Overview of Treatments for Cognitive Impairment

朱偉正醫生 Dr Welgent Chu



認知障礙症是大腦神經細胞病變而引致認知能力逐漸喪失的疾病，患者的記憶、理解、語言、學習、計算和判斷能力都會受影響，部分更會有情緒、行為及感覺等方面的改變，所以患者及家人的身心健康都受到影響。雖然至今仍未有根治認知障礙症的方案，但透過藥物治療及非藥物治療仍可改善病情，使病者及家人的身心得以紓緩。

現時有四種治療阿茲海默認知障礙症 (Alzheimer's Disease) 的藥物列於香港醫管局的藥物名冊，由專科醫生處方，對輕至重度的病情有效，可延緩腦部退化的病徵。然而此類藥物也有其副作用，如腸胃及精神不適等。

至於血管性認知障礙症 (Vascular Dementia)，小劑量阿斯匹靈可能有助防止進一步中風；另外，可能也需要配合其他藥物來控制高血壓或高膽固醇。至於其他引致認知障礙症的情況，如缺少維他命B12或甲狀腺問題等，便需要先處理病因，及減少有害因素方面着手。

對於處理心理和精神症狀 (如失眠，情緒波動或幻覺等)，藥物及非藥物療法也有顯著效果。很多學術文獻已證實多

種非藥物治療的方法，包括：認知訓練、確認治療、現實導向、耍太極、音樂、多感官刺激及其他心理行為治療等，均能減慢患者各方面機能的退化，和提升生活質素。

其他健康要訣，如均衡飲食，注重營養，恆常運動，注意體重及血壓、血糖和膽固醇，保持心境開朗，放鬆心情也十分重要。而患者家人亦可以參加認知障礙症家屬小組，學習照顧患者的技巧，彼此分享經驗，減低因照顧患者而帶來的身心壓力。

參考資料

香港衛生署

青山醫院健康教育資訊網頁

英國皇家精神科學院

The National Institute for Health and Clinical Excellence
guidelines



Cognitive impairment is a syndrome caused by dysfunction of neurons in the brain that leads to a gradual loss of cognitive ability. Affected areas include memory, comprehension, language, learning capacity, calculation and judgment. Some patients may also experience emotional, behavioural and sensory issues, negatively impacting the sufferers themselves and their family alike. Till now, a cure has not yet been found for cognitive impairment. Fortunately though, both drug and non-drug treatments can help ease the symptoms while bringing relief to the sufferers and their caregivers.

Nowadays, there are 4 listed medications for relieving Alzheimer's Disease on the Hong Kong Hospital Authority Drug Formulary (HA Drug Formulary). Prescriptions by medical specialists are mandatory. These medications are used for treating minor to serious conditions for delaying mental retardation. They do have side effects, anyway, such as gastrointestinal and mental discomfort.

As for vascular dementia, low-dose aspirin may be useful for preventing the sufferers from stroke. However, the sufferers may need to take other medications at the same time for controlling conditions like hypertension and hypercholesterolemia. As for other conditions leading to cognitive impairment, such as Vitamin B12 deficiency and thyroid issues, would have to be tackled first for better control of the risk factors.

Psychological and psychiatric conditions (including insomnia, emotional fluctuations and hallucination) related to cognitive impairment are possibly relieved by both drug and non-drug treatments too. The effectiveness of non-drug treatments has been well proven in the medical literature for delaying patients' physical and mental retardation while improving their life quality. Examples of such non-drug treatments are: cognitive training, validation therapy, reality orientation, tai-chi, music, multi-sensory stimulation and other cognitive-behavioural therapies.

Besides drug and non-drug treatments, a number of small steps in daily life would help relieve one's cognitive impairment as well. Balanced diet, regular exercise, weight control, stable blood pressure, blood glucose and cholesterol, staying happy and relaxed are all beneficial to the cognitive impairment sufferers. Their family members are also encouraged join support groups to share their experiences with peers and to learn about caring for their loved ones, as a way to relieve themselves from pressures of caregiving.

References

Department of Health, HKSAR Government
Mental Health Information Website, Castle Peak Hospital (Hong Kong)
Royal College of Psychiatrists, UK
The National Institute for Health and Clinical Excellence Guidelines



您的捐贈讓我們能幫助... Your donations enable us to help...



假東莞舉行的第十六屆靈實高爾夫球慈善賽，共籌得善款47萬元，支持靈實援助及慈善服務，讓四萬七千名長者能在靈實長者地區中心享用營養湯水。

The 16th Haven of Hope Fundraising Golf Tournament taken place in Dongguan raised a total amount of HK\$470,000 for the HOHCS Relief and Charity Service, enabling 47,000 elders to enjoy nutritional hot soups at the HOHCS District Elderly Community Service centres.



清水灣高爾夫球慈善賽共籌得善款38萬元，讓有需要的病人在靈實寧養院享用「免費心靈社交關顧服務」。

The Clear Water Bay Pro-Am Tournament raised a total fund of HK\$380,000 that went to the "Free Psycho-Social-Spiritual Care" Services for the patients in need at Haven of Hope Holistic Care Centre.

慈善活動需要您的支持

靈實醫院「信、望、愛」音樂會2014定於2014年4月27日（星期日）舉行，由一群業餘音樂愛好者所組成的「香港愛樂團」演出動人樂曲。所籌得的善款將捐助靈實醫院的老人科及舒緩治療（善終服務）及療養服務，極需社會各界支持，贊助及購票欣賞均無任歡迎，請致電2703 3250行善積德。

Our Work Needs Your Support

Haven of Hope Hospital (HHH) "LOVE & HOPE for ALL" Concert 2014 will take place on April 27 (Sunday) this year, featuring SAR Philharmonic founded by a group of amateur musicians. The proceeds will go to HHH's Geriatric Unit, palliative care (hospice care) and infirmary services. We do need your support! Sponsorships and participations are equally welcome. Please call us at 2703 3250 for further details.

香港愛樂團

香港愛樂團是香港愛樂慈善基金會的音樂組織，由一群業餘音樂愛好者組成的慈善團體，目標是透過美妙動人的音樂，幫助有需要的社群。一直以來，樂團都朝著這個目標進發，以舉辦募捐音樂會的方式，為多個慈善機構籌募善款。自1999年起，樂團每年都舉辦多場音樂會，迄今已為本地的民間慈善團體籌得超過三千萬港元的善款。

About SAR Philharmonic

SAR Philharmonic is the musical arm of the SAR Philharmonic Charitable Foundation, founded and supported by a group of amateur musicians. It has been working towards the objective of helping the needy through music by raising funds for local charities in the form of concerts. SAR Philharmonic performs a few concerts a year and since 1999 it has raised more than HK\$30,000,000 for local charities.



香港人壽保險從業員協會慈善基金贊助40萬元購買之靈實寧養院復康巴士投入服務，為約50名院內病人外出覆診時增添方便。

LUA Funds donated HK\$400,000 for the purchase of the Haven of Hope Holistic Care Centre Rehabus, which is now in service for transporting late-stage patients for hospital/clinic visits.

個人資料收集聲明 Use of Personal Data Declaration

基督教靈實協會尊重閣下所提交的個人資料，並會確保所有個人資料都根據《個人資料（私隱）條例》所載的規定妥善保存及適當使用。本會將使用閣下所提交的個人資料（包括閣下的姓名、住址、電話號碼及電郵地址）進行服務宣傳及慈善籌款推廣用途，但我們在未得到閣下的同意之前不能如此使用你的個人資料。

We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請表示你的意願，並於適合的方格加上 ☒ 及簽署，以便本會跟進。to indicate your intention and sign at the end of this statement.

Please ☒

☐ 本人 **同意** 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。

I **AGREE** to the proposed use of my personal data.

☐ 本人 **不同意** 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。

I **OBJECT** to the proposed use of my personal data.

簽署 Signature : _____

日期 Date : _____



以愛心服事關懷 | With Love, We Serve and Care

捐款回條 Donation Form

基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督化社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

郵票由持
牌人支付

Postage will be
Paid by Licensee

您毋需貼上郵票；但如果您能貼上郵票，本會便可以節省
所需的郵票費。請幫忙減低我們的開支。

如在本港投寄
毋需貼上郵票

No Postage Stamp
Necessary If
Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

請沿實線剪下信封並按虛線接疊及封口

請沿實線剪下信封並按虛線接疊及封口

捐款回條 Donation Form

本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

捐款金額 Donation Amount :

☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ Other_____

願捐助予 I would like to donate to :

☐ 基督教靈實協會 Haven of Hope Christian Service ☐ 靈實醫院 Haven of Hope Hospital ☐ 靈實寧養院 Haven of Hope Holistic Care Centre ☐ 靈實恩光學校 Haven of Hope Sunnyside School ☐ 福音事工 Evangelistic Work ☐ 社會企業 Social Enterprise

☐ 需單次減稅收據 Given One-off Tax Deductible Receipt ☐ 需每年減稅收據 Given Yearly Tax Deductible Receipt

捐款總數 Total Donation Amount : HK\$ _____ 日期 Date : _____

姓名 Name : _____ (先生/小姐/太太 Mr/Miss/Mrs) 電話 Tel : _____

香港身份證號碼(頭4位數字) HKID (first 4 digits) : _____ 出生日期 Date of Birth* : _____ 教育程度 Education* : _____ 職業 Occupation* : _____

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : _____

地址 Address : 室/樓號Room/Flat _____ 樓層Floor _____ 座Block _____ 大廈Building _____ 街道Street _____





地區 District : ☐ 香港 Hong Kong ☐ 九龍 Kowloon ☐ 新界 New Territories 電郵 Email Address : _____

請轉後頁填寫個人資料收集聲明 Please turn over for the Use of Personal Data Declaration

捐款方法 Donation Method

☐ 劃線支票 Crossed Cheque : 祈付「基督教靈實協會」Crossed cheque : Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

☐ 直接存入戶口 Direct Debit : 香港中國銀行 Bank of China 012-874-1-035785-2

☐ 信用卡 Credit Card : ☐  ☐  ☐  ☐ 

持咭人姓名Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持咭人簽署Authorised Signature : _____ 有效日期 Card Expiry Date : _____

☐ 繳費靈 Payment by Phone Service (PPS) : 透過電話18033或互聯網www.ppskhk.com捐款，基督教靈實協會商戶編號「9453」。
Make payment through telephone 18033 or www.ppskhk.com, merchant code "9453".

☐ 按月自動轉賬 Autopay : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載www.hohcs.org.hk。
"Direct Debit Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks : ■ *非必要填寫

*Optional.

- 請將支票、銀行存款單或直接付款授權書寄回本會傳訊及籌募部收。

Please send cheques, deposit slips or Direct Debit Authorisation to our Communications and Resource Development Department.

- 捐款港幣100元或以上將獲發減稅收據。

Tax deductible receipt will be given to donations of HK\$100 or above.

- 以信用卡或繳費靈捐款者可傳真此表格到本會傳訊及籌募部(傳真號碼: 2702 8173)。此表格可自行複印。

Please send this form to our Communications and Resource Development Department by fax (fax no.: 2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本會資訊及籌款之用。若捐款者不願收到本會資訊或需要更改個人資料，請致電2703 3290或電郵至privacy@hohcs.org.hk與本會傳訊及籌募部聯絡。

Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3290 or email to privacy@hohcs.org.hk.

NEW-BL-14-01



以愛心服事關懷 | With Love, We Serve and Care

E	POSTAGE PAID	Permit
	HONG KONG	No.
	PORT PAYE	3170

BULK ECONOMY

基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk